2013

WP SEO Ninja 2.0

Herman Dias

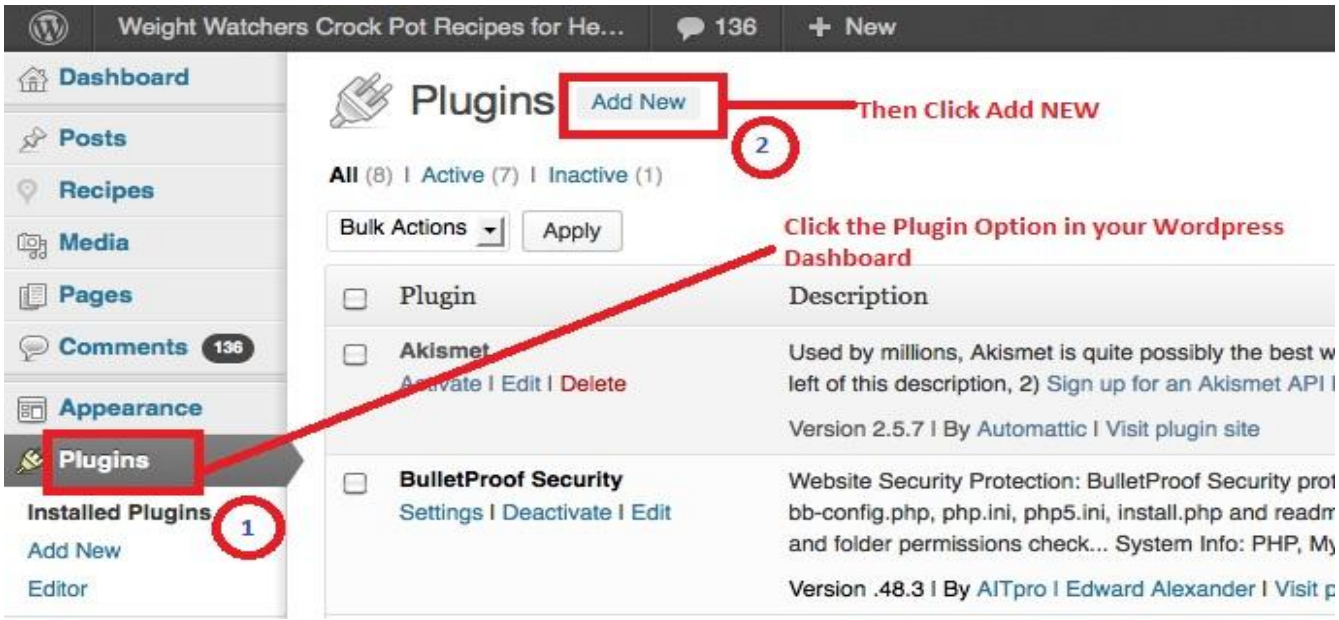
[WP SEO NINJA 2.0 USER MANUAL]

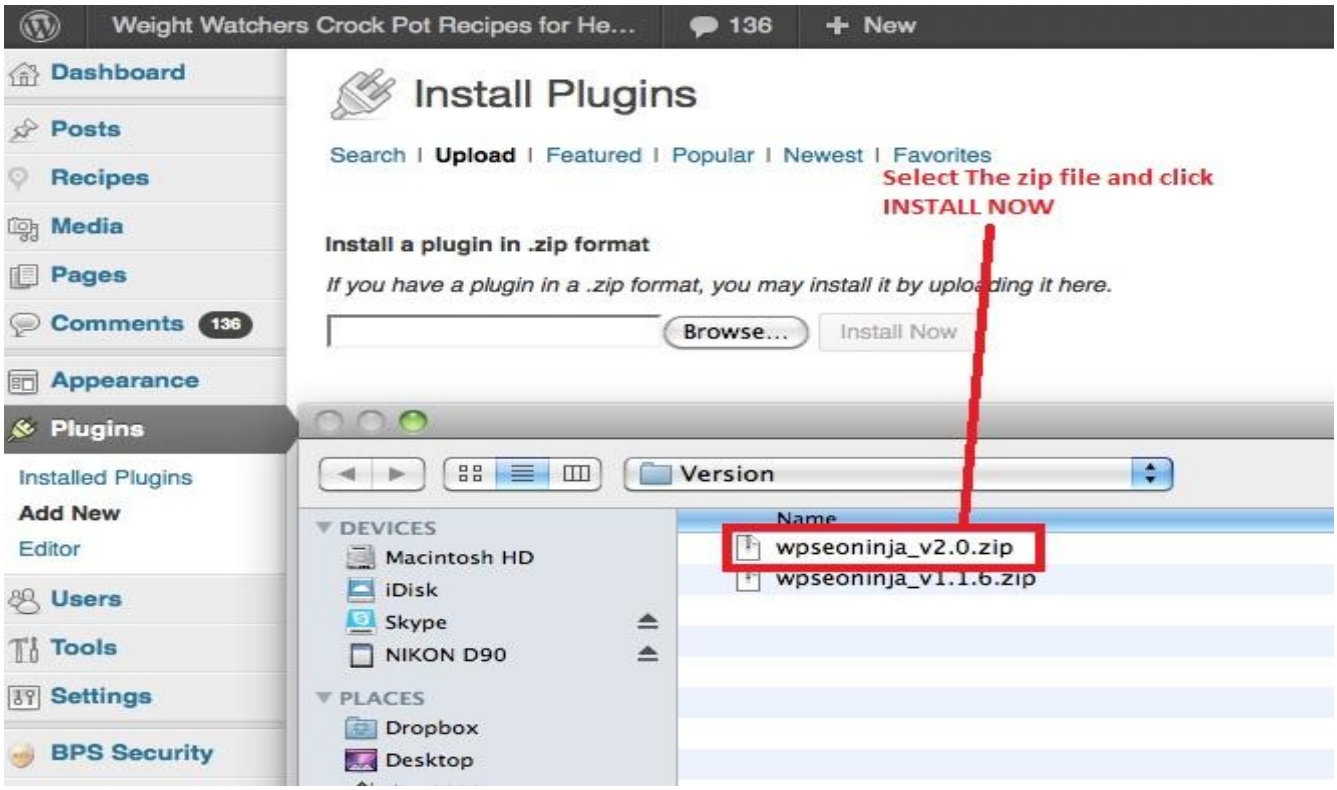
Download the WP SEO Ninja

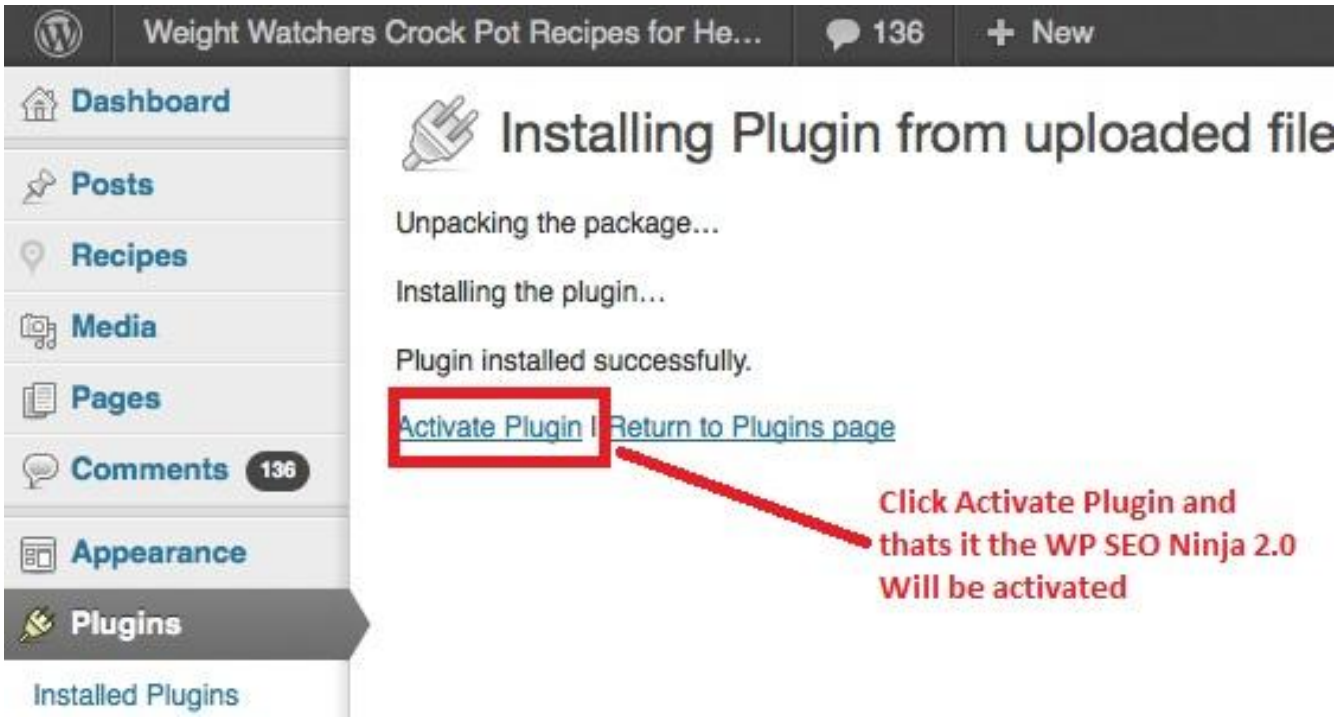
Step 1. Download the Version 2.0 of the WP SEO Ninja and save it on your computer. Then you need to follow these steps

Step 2. If you already have an older version of the plugin, go to your wordpress dashboard and delete that plugin

Step 3. Now go to the Plugin section in your wordpress dashboard and click ADD NEW and then click UPLOAD now look for the Ninja 2.0 on your computer hard drive and upload the zip file. Once the file is uploaded it will give you an option for activating the plugin then just click ACTIVATE.




Weight Watchers Crock Pot Recipes for He...
136
New
Dashboard
Posts
Recipes
Media
Pages
Comments 136
Appearance
Plugins
Installed Plugins
Add New
Editor
Users
Tools
Settings
BPS Security
Install Plugins
Search | Upload | Featured | Popular | Newest | Favorites
Select The zip file and click INSTALL NOW
Install a plugin in .zip format
If you have a plugin in a .zip format, you may install it by uploading it here.
Browse...
Install Now
Version
DEVICES
Macintosh HD
iDisk
Skype
NIKON D90
PLACES
Dropbox
Desktop
Name
wpseoninja_v2.0.zip
wpseoninja_v1.1.6.zip


Weight Watchers Crock Pot Recipes for He...
136
New
Dashboard
Posts
Recipes
Media
Pages
Comments 136
Appearance
Plugins
Installed Plugins
Installing Plugin from uploaded file
Unpacking the package...
Installing the plugin...
Plugin installed successfully.
Activate Plugin | Return to Plugins page
Click Activate Plugin and thats it the WP SEO Ninja 2.0 Will be activated

That's it !!! you now have the WP SEO Ninja 2.0 Activated and ready to use. Please Note in case you see any weird formatting error in the plugin with the tables and the text please clear the cache and refresh the page, this sometimes happens if you have been using the older version of the plugin.

1. How to use the Ninja Optimizer Settings Page

Step 1. Go to the Ninja Optimizer settings page and choose option 1, 2 and 3 and 4 if your wordpress theme automatically use H1, H2 and H3 and alt tags, usually themes automatically add the H1 Tag to the title in that case you just check mark the first option and leave the others unchecked *(Please watch the Ninja optimizer video in the tutorial section of the members area for a better understanding)*

Step 2. If you have or are going to put an external link in you content and you want to "no follow" the link then you check the option 5

Step 3. If you either want to use the All in one SEO or the Yoast plugin then you can check mark the 6 and 7 option depending on what plugin you are using.

Step 4: In case you want to completely DISABLE the Ninja Optimizer and not use it at all then click the RED button on the Top Extreme right of the plugin that says DISABLE NINJA OPTIMIZER and this will turn this part of the plugin off.

Make sure you click the save button on the settings page before you get off the page (Please watch the Ninja optimizer video in the tutorial section of the members area for a better understanding)

WP SEO Ninja
Ver2.0
The Best 6 in1 SEO Plugin
Please Read Step 1 Below
Please Read Step 2 Below
Please Read Step 3 Below
WP SEO Ninja - Ninja Optimizer
Disable Ninja Optimizer
General Settings
Theme h1 Headings
My active theme already utilizes h1 heading for post/page keywords or I'm already using it elsewhere.
Most SEO savvy themes place each of your post's titles in an h1 heading tag. If your theme does this check this box and WP SEO Ninja will automatically credit your posts for h1 content. If you are unsure, you can view one of your post pages on your site, then use "View Source" to search for the <h1> tag.
Theme h2 Headings
My active theme already utilizes h2 heading(s) for post/page keywords or I'm using it elsewhere.
Most themes do not include this, so you should probably leave this unchecked.
Theme h3 Headings
My active theme already utilizes h3 heading(s) for post/page keywords or I'm using it elsewhere.
Most themes do not include this, so you should probably leave this unchecked.
Theme Alt Text Images
My active theme places an image(s) with alt text tagged with my post keywords.
If your theme automatically displays images that contain alt text matching the keywords for your site or pages, check this box and WP SEO Ninja will automatically credit each of your posts for it. If not, WP SEO Ninja recommends that you place an image into each of your posts that contains alt text with your primary keyword phrase.
Nofollow external links
Enable nofollow filter on external content links
Check this box to have WP SEO Ninja add rel="nofollow" to all external links it finds in your post content. The filter runs each time you click "Update" while editing a post. Tip: Its good practice to have at least some external links to external "trusted" sites. Use your blogroll link list for this as SEO does not alter these links. Remember to remove the default links first!
Site SEO Option
I'm using 'All In One SEO' plugin for site SEO options
Check this box if you're already using All In One SEO plugin. Once checked, WP SEO Ninja will pick information like Page Title, Meta Description, Meta Keywords, etc. from All In One SEO and will automatically credit each of your posts for it.
I'm using 'Wordpress SEO by Yoast' plugin for site SEO options
Check this box if you're already using Wordpress SEO by Yoast plugin. Once checked, WP SEO Ninja will pick information like Page Title, Meta Description, Meta Keywords, etc. from Wordpress SEO by Yoast and will automatically credit each of your posts for it.
Save Settings

How to use the Ninja Optimizer Content SEO

The Content SEO Widget basically guides you through 24 prove On Page Optimization criteria and this is what you need to do.

Step 1. Take the main keyword you want to optimize your content for and put it in the Primary Keyword Box and click UPDATE.

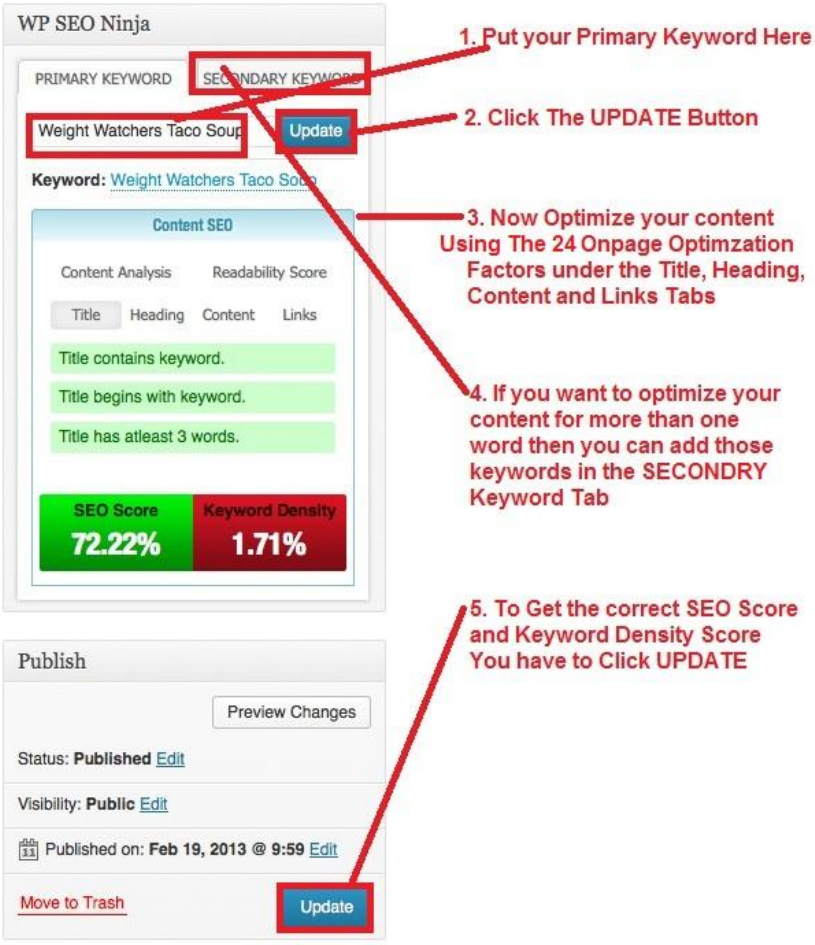
Step 2. Now Follow the Optimization criteria's in the Content SEO Widget and optimize your content based on the 24 guidelines.

Step 3. Click the Publish/Update button to get the correct SEO Score and Keyword Density.

Step 4. If you want to optimize your content for more than one keyword then you add the other keyword in the SECONDRY KEYWORD Tab just put the keyword there and click UPDATE.

Step 5. If you want to delete the Secondary Keyword Just select the keyword and click the delete button.

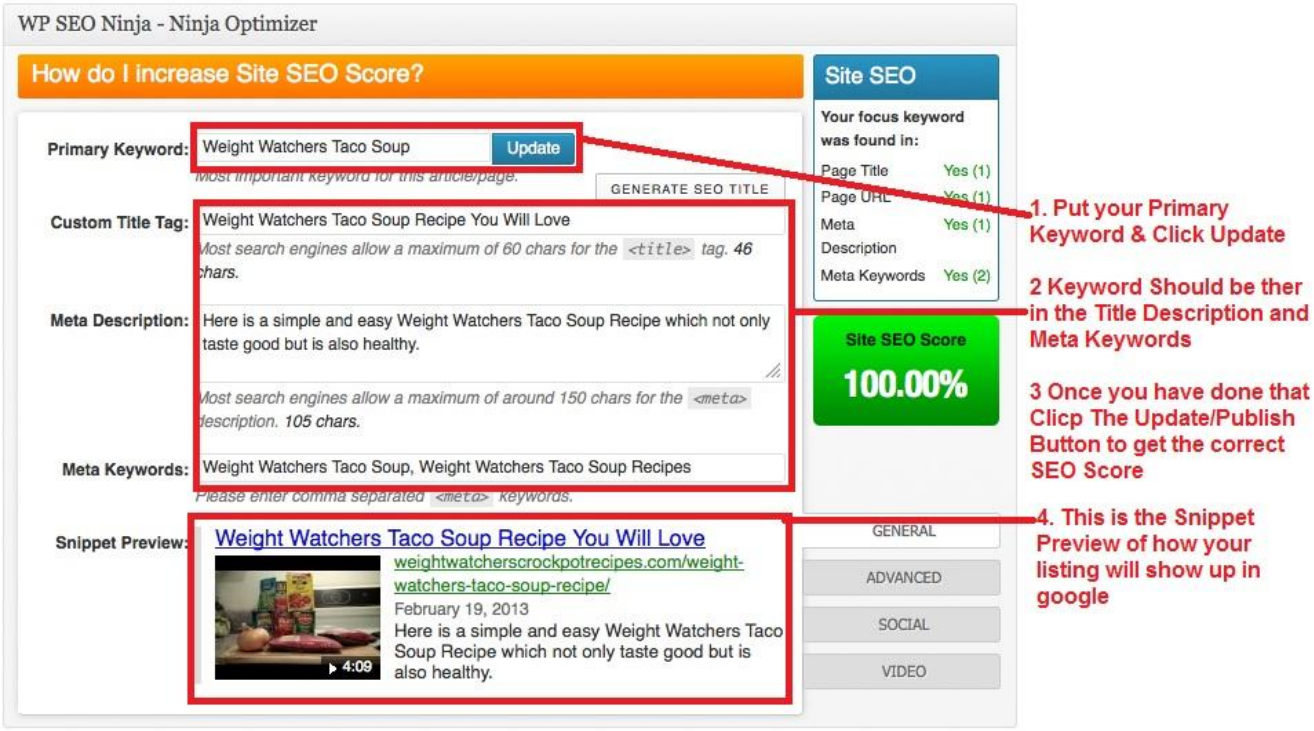
(Please watch the Ninja optimizer video in the tutorial section of the members area for a better understanding)


WP SEO Ninja
PRIMARY KEYWORD
SECONDARY KEYWORD
Weight Watchers Taco Soup
Update
Keyword: Weight Watchers Taco Soup
Content SEO
Content Analysis
Readability Score
Title
Heading
Content
Links
Title contains keyword.
Title begins with keyword.
Title has atleast 3 words.
SEO Score
72.22%
Keyword Density
1.71%
Publish
Preview Changes
Status: Published Edit
Visibility: Public Edit
Published on: Feb 19, 2013 @ 9:59 Edit
Move to Trash
Update
1. Put your Primary Keyword Here
2. Click The UPDATE Button
3. Now Optimize your content Using The 24 Onpage Optimzation Factors under the Title, Heading, Content and Links Tabs
4. If you want to optimize your content for more than one word then you can add those keywords in the SECONDRY Keyword Tab
5. To Get the correct SEO Score and Keyword Density Score You have to Click UPDATE

How to Use the Ninja Optimizer Site SEO

Step 1. Take the main keyword you want to optimize your Page or Post for and put it in the Primary Keyword Box and click UPDATE.

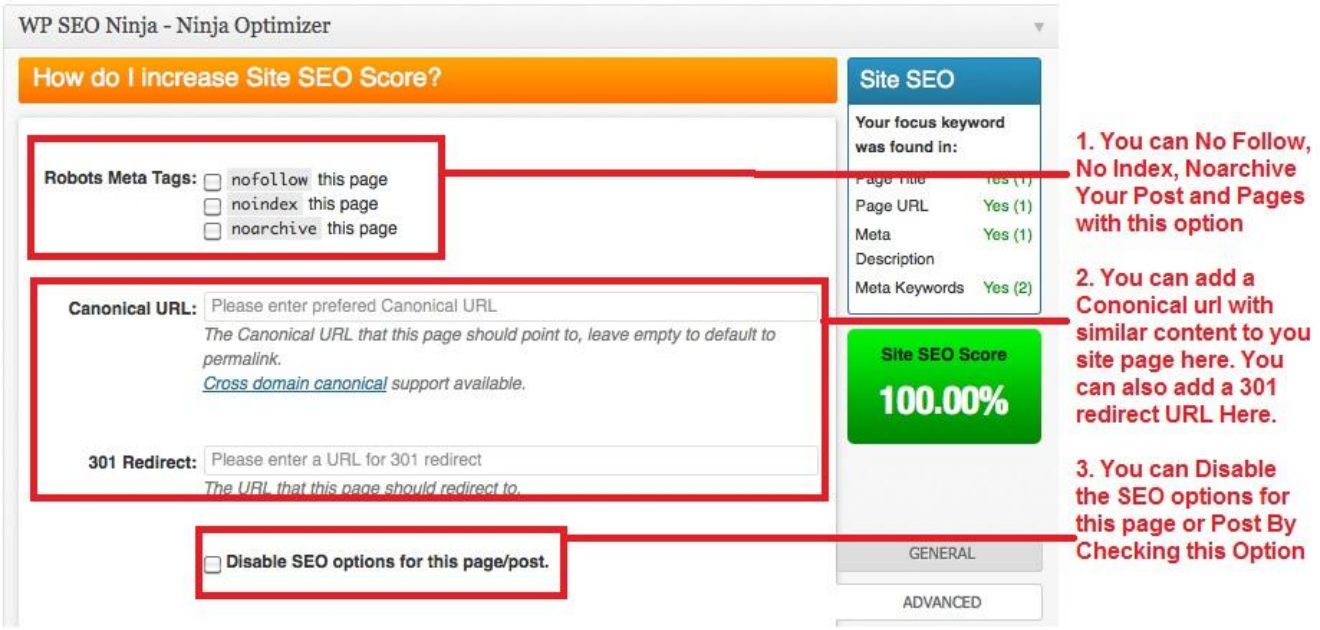
Step 2. Follow the Optimization guidelines of having your keyword in the Title, Description and Meta Keywords and of course in your Page Url and click UPDATE, this will give you your Site SEO Score.


WP SEO Ninja - Ninja Optimizer
How do I increase Site SEO Score?
Primary Keyword:
Weight Watchers Taco Soup
Update
GENERATE SEO TITLE
Custom Title Tag:
Weight Watchers Taco Soup Recipe You Will Love
Most search engines allow a maximum of 60 chars for the <title> tag. 46 chars.
Meta Description:
Here is a simple and easy Weight Watchers Taco Soup Recipe which not only taste good but is also healthy.
Most search engines allow a maximum of around 150 chars for the <meta> description. 105 chars.
Meta Keywords:
Weight Watchers Taco Soup, Weight Watchers Taco Soup Recipes
Please enter comma separated <meta> keywords.
Snippet Preview:
Weight Watchers Taco Soup Recipe You Will Love
weightwatcherscrockpotrecipes.com/weight-watchers-taco-soup-recipe/
February 19, 2013
Here is a simple and easy Weight Watchers Taco Soup Recipe which not only taste good but is also healthy.
4:09
Site SEO
Your focus keyword was found in:
Page Title Yes (1)
Page URL Yes (1)
Meta Description Yes (1)
Meta Keywords Yes (2)
Site SEO Score
100.00%
GENERAL
ADVANCED
SOCIAL
VIDEO
1. Put your Primary Keyword & Click Update
2 Keyword Should be ther in the Title Description and Meta Keywords
3 Once you have done that Clicp The Update/Publish Button to get the correct SEO Score
4. This is the Snippet Preview of how your listing will show up in google

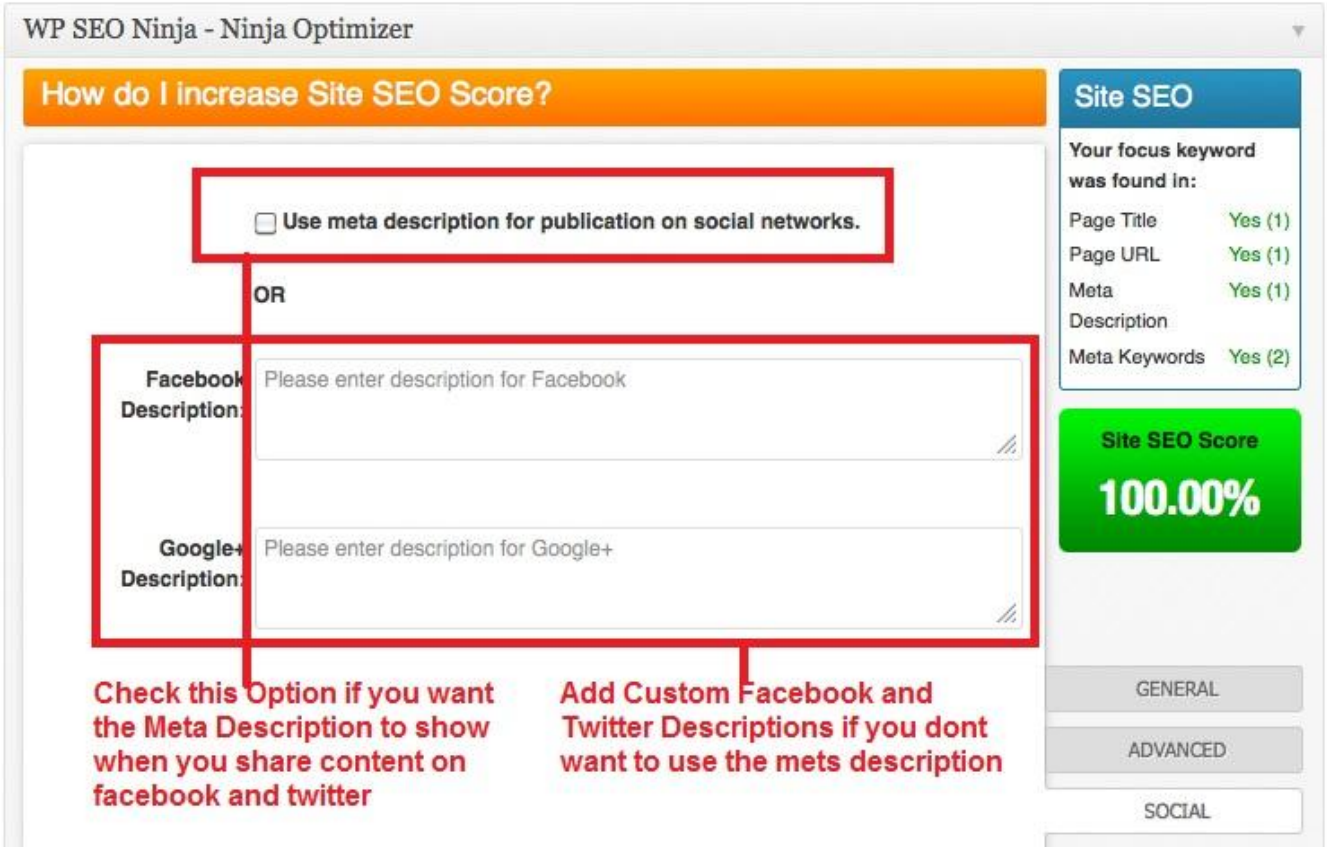
Step 3. In the Advanced Tab you have the option of No Following, No Indexing or No Archiving your page or post if you like.

Step 4. You can also use the Canonical URL and the 301 Redirect and lastly if you want to disable the SEO for this post or page you can select the Disable SEO for this Post Option.

Please see the image below.


WP SEO Ninja - Ninja Optimizer
How do I increase Site SEO Score?
Site SEO
Your focus keyword was found in:
Page URL Yes (1)
Meta Description Yes (1)
Meta Keywords Yes (2)
Site SEO Score
100.00%
Robots Meta Tags: nofollow this page
noindex this page
noarchive this page
Canonical URL: Please enter prefered Canonical URL
The Canonical URL that this page should point to, leave empty to default to permalink.
Cross domain canonical support available.
301 Redirect: Please enter a URL for 301 redirect
The URL that this page should redirect to.
Disable SEO options for this page/post.
GENERAL
ADVANCED
1. You can No Follow, No Index, Noarchive Your Post and Pages with this option
2. You can add a Cononical url with similar content to you site page here. You can also add a 301 redirect URL Here.
3. You can Disable the SEO options for this page or Post By Checking this Option

Step 5. In the Social Tab you have an option of putting your own descriptions you want to show up in facebook and twitter when you or anyone shares your content. If you leave this option blank then your Meta Description will automatically get picked up.


WP SEO Ninja - Ninja Optimizer
How do I increase Site SEO Score?
Site SEO
Your focus keyword was found in:
Page Title Yes (1)
Page URL Yes (1)
Meta Description Yes (1)
Meta Keywords Yes (2)
Site SEO Score
100.00%
Use meta description for publication on social networks.
OR
Facebook Description: Please enter description for Facebook
Google+ Description: Please enter description for Google+
Check this Option if you want the Meta Description to show when you share content on facebook and twitter
Add Custom Facebook and Twitter Descriptions if you dont want to use the mets description
GENERAL
ADVANCED
SOCIAL

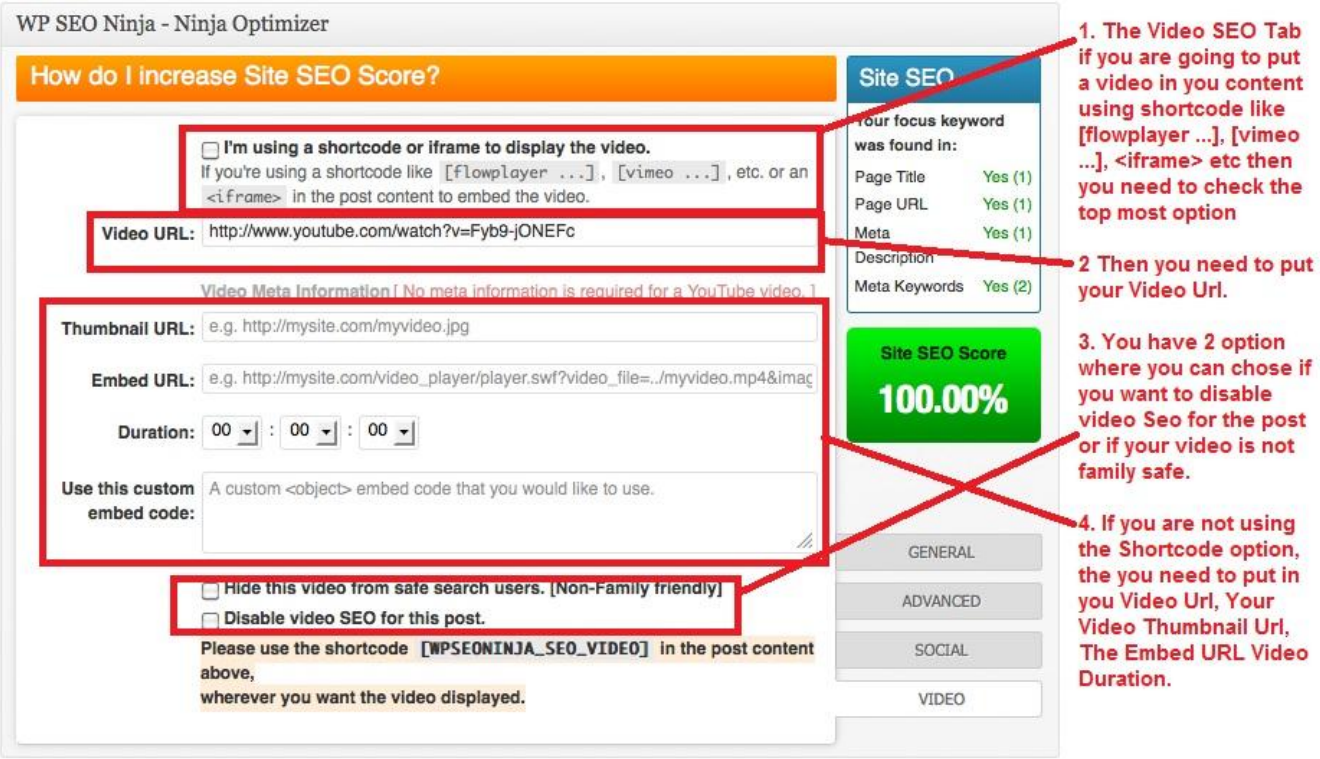
Step 6. The Video SEO Tab if you are going to put a video in you content using shortcode like [flowplayer ...], [vimeo ...], <iframe> etc then you need to check the top most option

Step 7. Then you need to put your Video Url.

Step 8. If you have just put a youtube Video Url then you don't need to put in any other information all you need to do is take the short code [WPSEONINJA_SEO_VIDEO] and put it where ever you want your video to show

Before you do that you have two options where you can chose if you want to disable video SEO for the post or if your video is not family safe.

Step 9. If you are not using the Shortcode option, then you need to put in your Video Url, Your Video Thumbnail Url, The Embed URL which looks something like this (http://mysite.com/video_player/player.swf?video_file=) and lastly the Video Duration.


WP SEO Ninja - Ninja Optimizer
How do I increase Site SEO Score?
Site SEO
I'm using a shortcode or iframe to display the video.
If you're using a shortcode like [flowplayer ...], [vimeo ...], etc. or an <iframe> in the post content to embed the video.
Video URL: http://www.youtube.com/watch?v=Fyb9-jONEFc
Your focus keyword was found in:
Page Title Yes (1)
Page URL Yes (1)
Meta Description Yes (1)
Meta Keywords Yes (2)
Video Meta Information [No meta information is required for a YouTube video.]
Thumbnail URL: e.g. http://mysite.com/myvideo.jpg
Embed URL: e.g. http://mysite.com/video_player/player.swf?video_file=../myvideo.mp4&imag
Duration: 00 : 00 : 00
Use this custom embed code: A custom <object> embed code that you would like to use.
Site SEO Score
100.00%
Hide this video from safe search users. [Non-Family friendly]
Disable video SEO for this post.
Please use the shortcode [WPSEONINJA_SEO_VIDEO] in the post content above,
wherever you want the video displayed.
GENERAL
ADVANCED
SOCIAL
VIDEO
1. The Video SEO Tab if you are going to put a video in you content using shortcode like [flowplayer ...], [vimeo ...], <iframe> etc then you need to check the top most option
2 Then you need to put your Video Url.
3. You have 2 option where you can chose if you want to disable video Seo for the post or if your video is not family safe.
4. If you are not using the Shortcode option, the you need to put in you Video Url, Your Video Thumbnail Url, The Embed URL Video Duration.

Step 10. Once this is done Click Update and you will see the Video Thumbnail in the Snippet preview.

(Please watch the Ninja optimizer video in the tutorial section of the members area for a better understanding)

2. How to use the Rank Checker

The Rank Checker is a very important part of the ninja 2.0 it tracks the number of visitors for all the incoming keywords that gets traffic to your site and it also tracks the ranking for these keywords in google and bing.

Step 1. Click the Rank Checker option and on the settings page select your cronjob interval we have set it at 15 min and it has worked well for us so you can do that if you like. (This means you are setting a time frame the plugin checks google for your rankings) Words of caution if you have a high traffic site do not set the cron job to 15 min the higher the time the better)

Step 2. You have an option of Auto deleting keywords that have not been searched for a while, you can choose the no of days you like this clears up the database for unwanted keywords.

Step 3. Check the Position for Tacking your Keyword in Google and Bing, For Bing to work you need to get a Bing API just click the link there which will take you to the Bing site and show you how to get a API Key, get the Key and Paste it in the Box.

Step 4. Click Save Settings and your good to go your data will start showing up in a few hours depending on how much traffic you get.

Step 5. If you want to you can even download this raking data in a CSV file and you have the option of resetting the data as well. On the extreme right you have an option to DISABLE the Rank Checker but please note by doing this you will disable the Autotagger as well as they are interlinked.

(Please watch the Ninja optimizer video in the tutorial section of the member's area for a better understanding)

3. How to use the Auto Tagger

The auto tagger tags your post and pages with all the incoming keywords that get it traffic, this helps in optimizing that page or post for keywords you had not optimized your content in the first place.

Step 1. Click the Auto Tagger Option and get onto the settings page , under general setting you can check or the enable option if you want to use the Auto tagger or you can uncheck it if you don't want to use it.

Step 2. If you have enabled the Auto tagger then you can choose the number of search terms you want to show on you page or post, we recommend 5-10 keywords as this looks non spammy and the Search engines wont penalize you for keyword stuffing your page.

Step 3. You have an option of converting the tags that show up on the page or post to links if you want to do that click yes if not click no.

Step 4. You have an option of putting these tags immediately after the post if so click yes you want to use the SHORTCODE option then click no.

Step 5. Choose yes if you want to save the Popular Search Terms as Post Tags and No if you do not want it.

Step 6. You can set the no of day you want the keywords to be cleant from the database.

Step 7. You can add words you do not want to show up as tags incase people use those words to find your site.

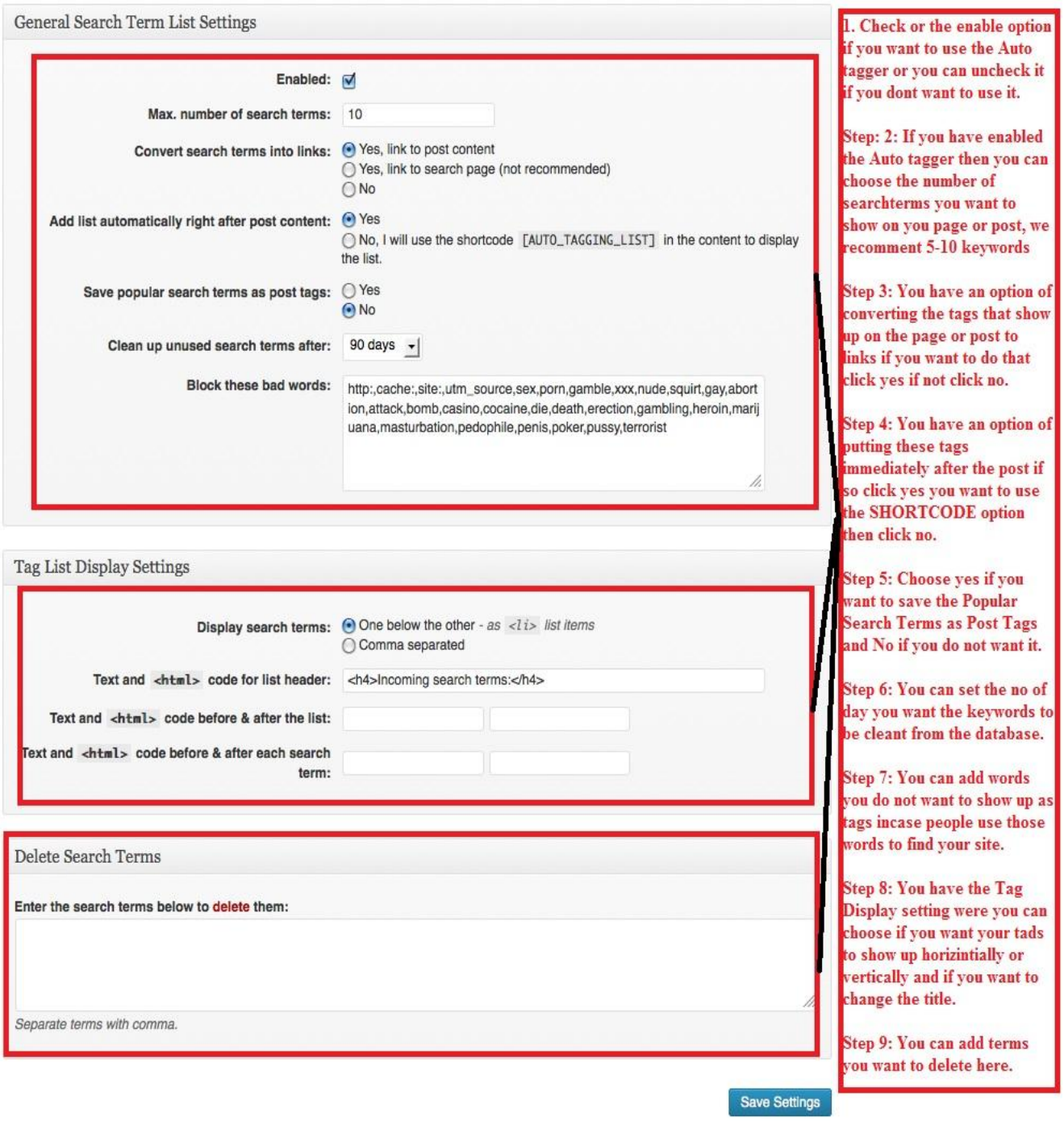
Step 8. You have the Tag Display setting were you can choose if you want your tags to show up horizontally or vertically and if you want to change the title.

Step 9. You can add terms you want to delete here.

Lastly don't forget to click Save Settings once you have everything ready.

Once you do that this is how the tags will show up on your post.

(Please watch the Ninja optimizer video in the tutorial section of the member's area for a better understanding)


General Search Term List Settings
Enabled:
Max. number of search terms:
10
Convert search terms into links:
Yes, link to post content
Yes, link to search page (not recommended)
No
Add list automatically right after post content:
Yes
No, I will use the shortcode [AUTO_TAGGING_LIST] in the content to display the list.
Save popular search terms as post tags:
Yes
No
Clean up unused search terms after:
90 days
Block these bad words:
http:,cache:,site:,utm_source,sex,porn,gamble,xxx,nude,squirt,gay,abortion,attack,bomb,casino,cocaine,die,death,erection,gambling,heroin,marijuana,masturbation,pedophile,penis,poker,pussy,terrorist
Tag List Display Settings
Display search terms:
One below the other - as <li> list items
Comma separated
Text and <html> code for list header:
<h4>Incoming search terms:</h4>
Text and <html> code before & after the list:
Text and <html> code before & after each search term:
Delete Search Terms
Enter the search terms below to delete them:
Separate terms with comma.
Save Settings
1. Check or the enable option if you want to use the Auto tagger or you can uncheck it if you dont want to use it.
Step: 2: If you have enabled the Auto tagger then you can choose the number of searchterms you want to show on you page or post, we recomment 5-10 keywords
Step 3: You have an option of converting the tags that show up on the page or post to links if you want to do that click yes if not click no.
Step 4: You have an option of putting these tags immediately after the post if so click yes you want to use the SHORTCODE option then click no.
Step 5: Choose yes if you want to save the Popular Search Terms as Post Tags and No if you do not want it.
Step 6: You can set the no of day you want the keywords to be cleant from the database.
Step 7: You can add words you do not want to show up as tags incase people use those words to find your site.
Step 8: You have the Tag Display setting were you can choose if you want your tads to show up horizintially or vertically and if you want to change the title.
Step 9: You can add terms you want to delete here.

4. How to Use the Auto Syndicator

I encourage you to watch the video tutorial for this part but I will do my best to explain how to use the Auto Syndicator. The Auto syndicator syndicates Content to the different Web 2.0 Properties and get you page of post 1 way backlinks which helps you content get indexed and also get some instant relevant backlinks.

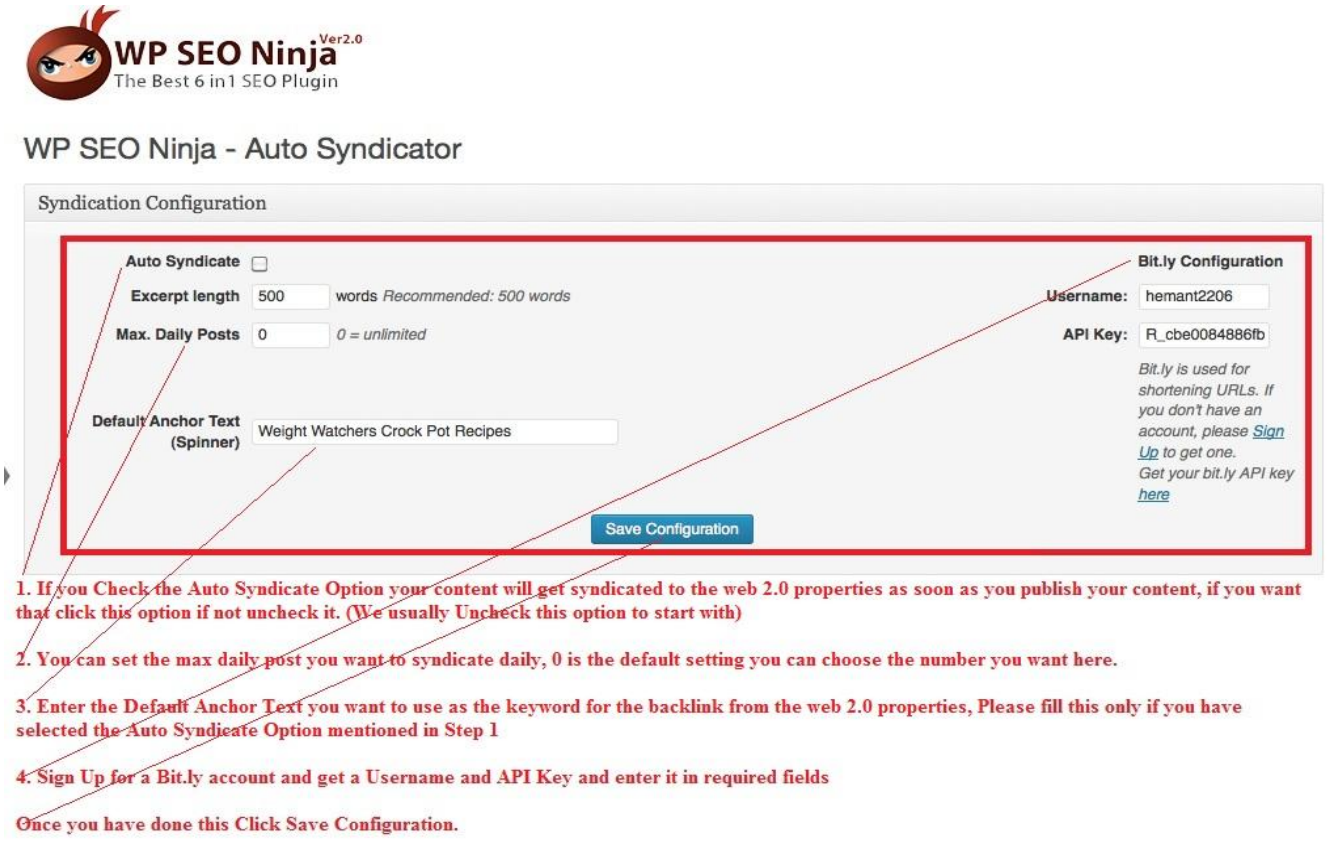
Step 1. Click the Auto Syndicator Option and get on the settings page, you will see the Syndication configuration setting.

Step 2. If you Check the Auto Syndicate Option your content will get syndicated to the web 2.0 properties as soon as you publish your content, if you want that click this option if not uncheck it. (We usually uncheck this option to start with)

Step 3. You can set the max daily post you want to syndicate daily, 0 is the default setting you can choose the number you want here.

Step 4. Enter the Default Anchor Text you want to use as the keyword for the backlink from the web 2.0 properties, please fill this only if you have selected the Auto Syndicate Option mentioned in Step 1

Step 5. Sign Up for a Bit.ly account and get a Username and API Key and enter it in required fields


WP SEO Ninja Ver2.0
The Best 6 in1 SEO Plugin
WP SEO Ninja - Auto Syndicator
Syndication Configuration
Auto Syndicate
Excerpt length 500 words Recommended: 500 words
Max. Daily Posts 0 0 = unlimited
Default Anchor Text (Spinner) Weight Watchers Crock Pot Recipes
Bit.ly Configuration
Username: hemant2206
API Key: R_cbe0084886fb
Bit.ly is used for shortening URLs. If you don't have an account, please Sign Up to get one.
Get your bit.ly API key here
Save Configuration
1. If you Check the Auto Syndicate Option your content will get syndicated to the web 2.0 properties as soon as you publish your content, if you want that click this option if not uncheck it. (We usually Uncheck this option to start with)
2. You can set the max daily post you want to syndicate daily, 0 is the default setting you can choose the number you want here.
3. Enter the Default Anchor Text you want to use as the keyword for the backlink from the web 2.0 properties, Please fill this only if you have selected the Auto Syndicate Option mentioned in Step 1
4. Sign Up for a Bit.ly account and get a Username and API Key and enter it in required fields
Once you have done this Click Save Configuration.

Once you have done this Click Save Configuration.

Please check the image above for reference, the steps of what you need to do is mentioned below in Step by Step Instructions.

Step 6. You need to enter your Blogger Username and Password in the first Box and check the enable box. You need to make sure you have created a blog first in your blogger account before you put in the username and password and click save setting if you don't do so it will show an error.

Step 7. Sign up for a friend feed account then click the Link on how to get a friend feed api key and follow the instruction and copy paste the api key in the setting box check the enable button and Click Save settings.

Step 8. For sites like Identica, Live Journal, Multiply, Tumblr, you simply need to sign up and put in the username and password check the enable field and click save settings.

Step 9. For plurk you need to put in the user name and password the click the link that says get plurk API follow the instruction and copy paste the API key, click enable and save settings.

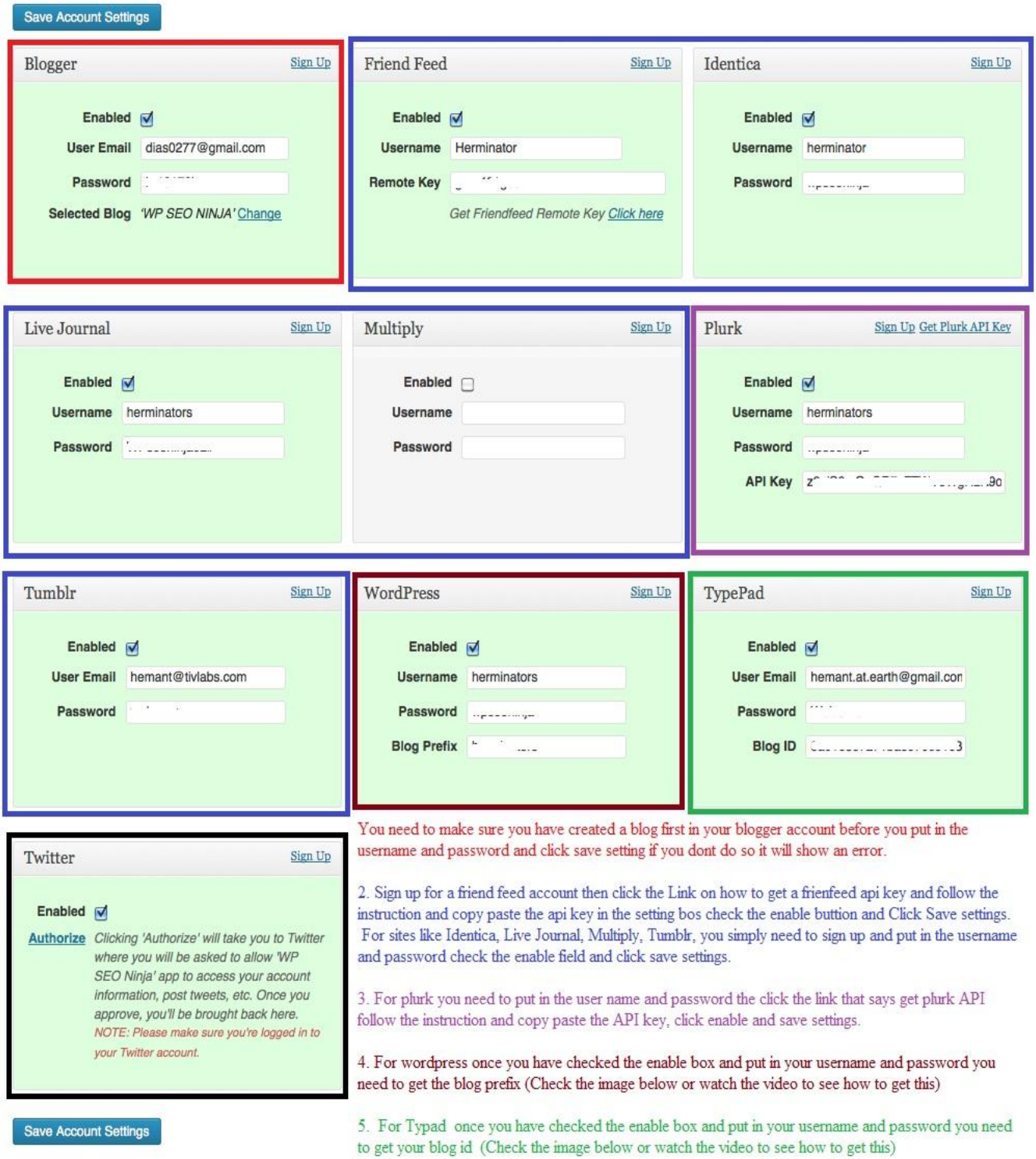
Step 10. For wordpress once you have checked the enable box and put in your username and password you need to get the blog prefix (watch the video in the member's area to see how to get this)

Step 11. For Typad once you have checked the enable box and put in your username and password you need to get your blog id (Watch the video in the members to see how to get this)

Step 12. For Twitter just check the Enable box and click Authorize you will see a new window that tell you to Authorize the app so WP SEO Ninja 2.0 can post on your behalf , approve this and you will be bought back to the same page and your twitter account will be authorized.

If you have filled in all the details and not yet clicked the save settings button then do it now or you will lose all you information.

Please check the image below



You need to make sure you have created a blog first in your blogger account before you put in the username and password and click save setting if you dont do so it will show an error.

2. Sign up for a friend feed account then click the Link on how to get a frienfeed api key and follow the instruction and copy paste the api key in the setting bos check the enable buttion and Click Save settings. For sites like Identica, Live Journal, Multiply, Tumblr, you simply need to sign up and put in the username and password check the enable field and click save settings.

3. For plurk you need to put in the user name and password the click the link that says get plurk API follow the instruction and copy paste the API key, click enable and save settings.

4. For wordpress once you have checked the enable box and put in your username and password you need to get the blog prefix (Check the image below or watch the video to see how to get this)

5. For Typad once you have checked the enable box and put in your username and password you need to get your blog id (Check the image below or watch the video to see how to get this)

6. For Twitter just check the Enable box and xlixk Authorize you will see a new window that tell you to Authorize the app so WP SEO Ninja 2.0 can post on your behalf , approve this and you will be bought back to the same page and your twitter account will be authorised.

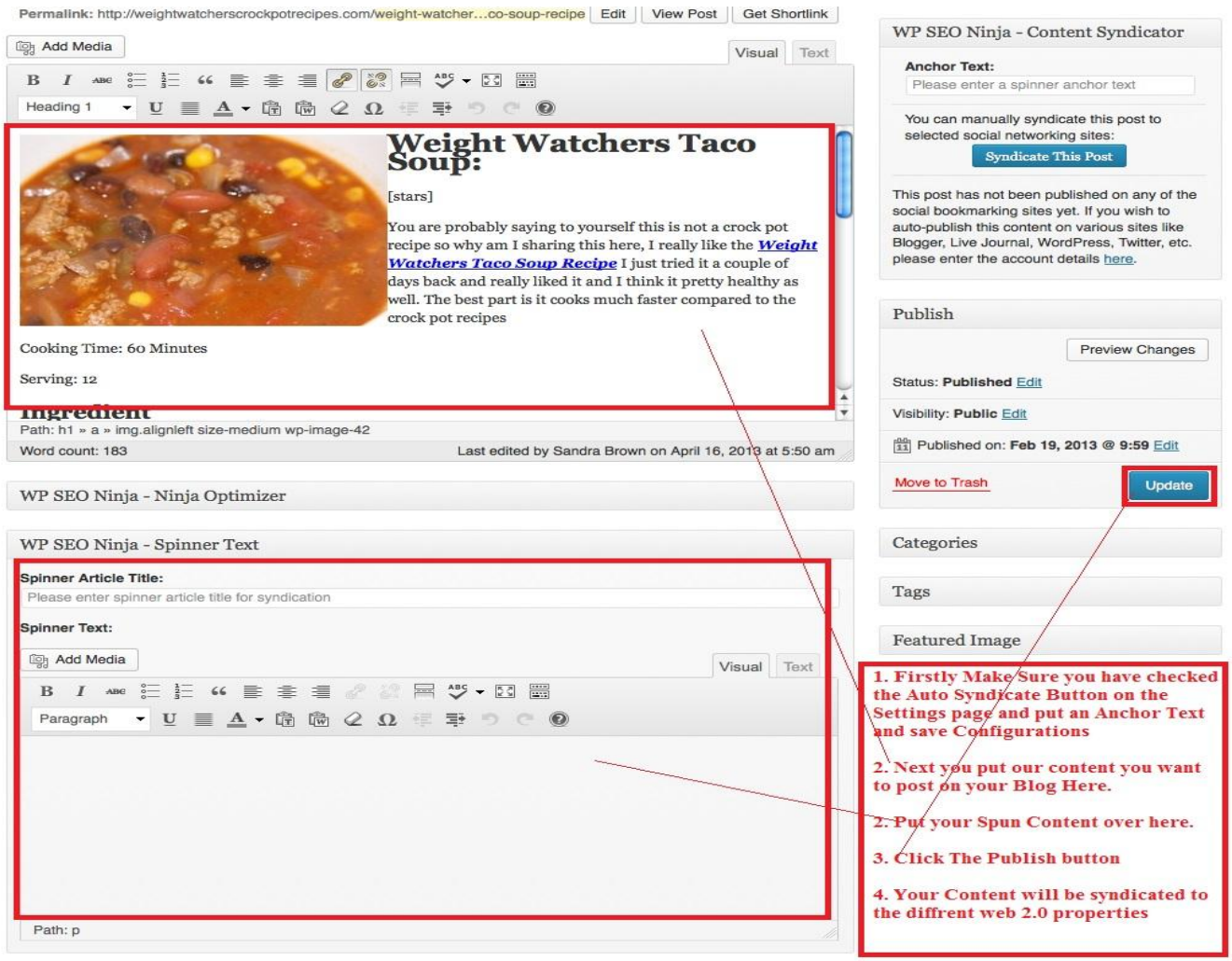
How to Auto Syndicate Your New Post.

Step 1. Firstly to syndicate content immediately as soon as you publish your new content you need to Check the Auto Syndicate option and put a relevant Anchor text and click save configurations on the Auto syndicator settings page.

Step 2. You can create a New Post and once your post is ready you need to put your Spun content you want to post on the various Web 2.0 Properties in the WP SEO Ninja – Spinner Text Box, make sure your content is spun more that 50%. If you like you can add links, images in the content as well.

Step 3. Now as soon as you click PUBLISH you main content will get published on your Blog, and your Spun content that you put in the WP SEO Ninja – Spinner Text Box will get submitted to the various web 2.0 properties and you will get a one way backlinks to that new post with the Anchor text that you put on the settings page. (All this happens in a matter of seconds)

Step 4. You can check the Activity Log to see were your content was submitted and where it is not.


Permalink: http://weightwatcherscrockpotrecipes.com/weight-watcher...co-soup-recipe
Edit
View Post
Get Shortlink
Add Media
Visual
Text
Heading 1
Weight Watchers Taco Soup:
[stars]
You are probably saying to yourself this is not a crock pot recipe so why am I sharing this here, I really like the Weight Watchers Taco Soup Recipe I just tried it a couple of days back and really liked it and I think it pretty healthy as well. The best part is it cooks much faster compared to the crock pot recipes
Cooking Time: 60 Minutes
Serving: 12
Ingredient
Path: h1 » a » img.alignleft size-medium wp-image-42
Word count: 183
Last edited by Sandra Brown on April 16, 2013 at 5:50 am
WP SEO Ninja - Ninja Optimizer
WP SEO Ninja - Spinner Text
Spinner Article Title:
Please enter spinner article title for syndication
Spinner Text:
Add Media
Visual
Text
Paragraph
Path: p
WP SEO Ninja - Content Syndicator
Anchor Text:
Please enter a spinner anchor text
You can manually syndicate this post to selected social networking sites:
Syndicate This Post
This post has not been published on any of the social bookmarking sites yet. If you wish to auto-publish this content on various sites like Blogger, Live Journal, WordPress, Twitter, etc. please enter the account details here.
Publish
Preview Changes
Status: Published Edit
Visibility: Public Edit
Published on: Feb 19, 2013 @ 9:59 Edit
Move to Trash
Update
Categories
Tags
Featured Image
1. Firstly Make Sure you have checked the Auto Syndicate Button on the Settings page and put an Anchor Text and save Configurations
2. Next you put our content you want to post on your Blog Here.
2. Put your Spun Content over here.
3. Click The Publish button
4. Your Content will be syndicated to the diffrent web 2.0 properties

How to Manually Syndicate a post after a few days.

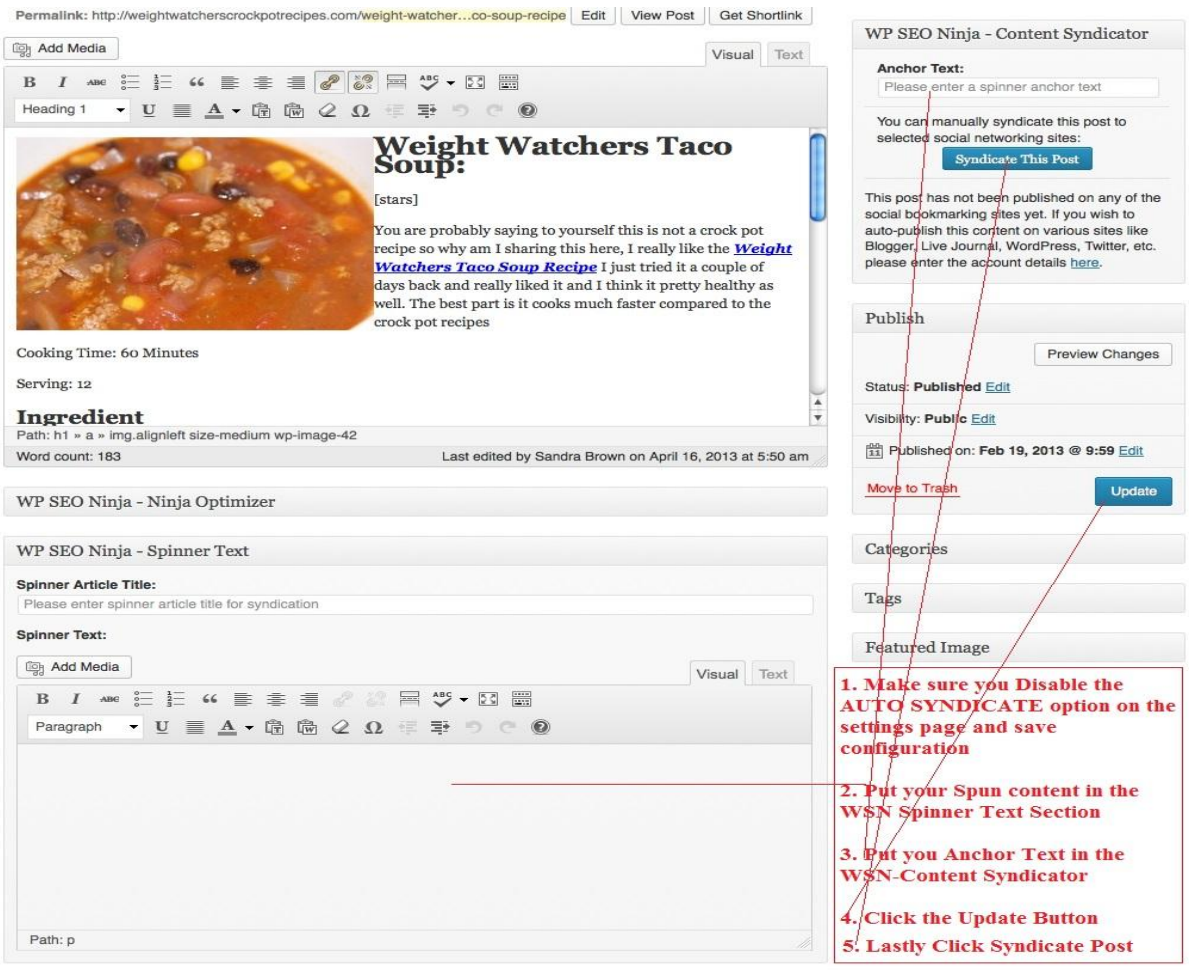
Manually Syndicated does not mean you manually have to post to the different web 2.0 properties, it is all automated but here you have the option of choosing which web 2.0 properties you would like you submit to and do it at your own pace.

Step 1. Firstly you need to make sure that the Auto Syndicate option is Disabled on the Settings page, if not Disable it and save configurations.

Step 2. Go to the Post you want to syndicate and post your Spun Content or just your normal content in the WP SEO Ninja – Spinner Text Box. If you are not using spun content, then make sure you post this only to one web 2.0 property.

Step 3. Once you have put your Spun content in the WP SEO Ninja – Spinner Text Box you can add images or links in the content if you like.

Step 4. Once you do that then you need to put you Anchor Text Keywords in the Widget on the right that says WP SEO Ninja – Content Syndicator.


Permalink: http://weightwatcherscrockpotrecipes.com/weight-watcher…co-soup-recipe
Edit
View Post
Get Shortlink
Add Media
Visual
Text
Heading 1
Weight Watchers Taco Soup:
[stars]
You are probably saying to yourself this is not a crock pot recipe so why am I sharing this here, I really like the Weight Watchers Taco Soup Recipe I just tried it a couple of days back and really liked it and I think it pretty healthy as well. The best part is it cooks much faster compared to the crock pot recipes
Cooking Time: 60 Minutes
Serving: 12
Ingredient
Path: h1 » a » img.alignleft size-medium wp-image-42
Word count: 183
Last edited by Sandra Brown on April 16, 2013 at 5:50 am
WP SEO Ninja - Ninja Optimizer
WP SEO Ninja - Spinner Text
Spinner Article Title:
Please enter spinner article title for syndication
Spinner Text:
Add Media
Visual
Text
Paragraph
Path: p
WP SEO Ninja - Content Syndicator
Anchor Text:
Please enter a spinner anchor text
You can manually syndicate this post to selected social networking sites:
Syndicate This Post
This post has not been published on any of the social bookmarking sites yet. If you wish to auto-publish this content on various sites like Blogger, Live Journal, WordPress, Twitter, etc. please enter the account details here.
Publish
Preview Changes
Status: Published Edit
Visibility: Public Edit
Published on: Feb 19, 2013 @ 9:59 Edit
Move to Trash
Update
Categories
Tags
Featured Image
1. Make sure you Disable the AUTO SYNDICATE option on the settings page and save configuration
2. Put your Spun content in the WSN Spinner Text Section
3. Put you Anchor Text in the WSN-Content Syndicator
4. Click the Update Button
5. Lastly Click Syndicate Post

Step 5. VERY VERY IMPORTANT STEP now click the UPDATE button and save the spun article and the anchor text, (Please do not click syndicate post before you click update)

Step 6. Now you can Click SYNDICATE Post on the Widget on the bottom right that says WP SEO Ninja – Content Syndicator this will take you to a page where you can select the web 2.0 properties you want to submit your content to.

Step 7. Once you have selected the Web 2.0 Properties click SYNDICATE POST and that's it your post will be submitted in a matter of seconds.

WP SEO Ninja Ver2.0
The Best 6 in1 SEO Plugin
WP SEO Ninja - Manually Syndicate Posts & Pages
Syndicate Post #41 'Weight Watchers Taco Soup Recipe'
Please choose from the sites below where you want the post published:
Blogger
Friend Feed
Identica
Live Journal
Plurk
Tumblr
Twitter
Typepad
Wordpress
Select the Web 2.0 Properties you want to submit your content to and click Syndicate Post
Syndicate Post
Select All
Clear Selection
Syndicate another post/page OR Go back to posts/pages list

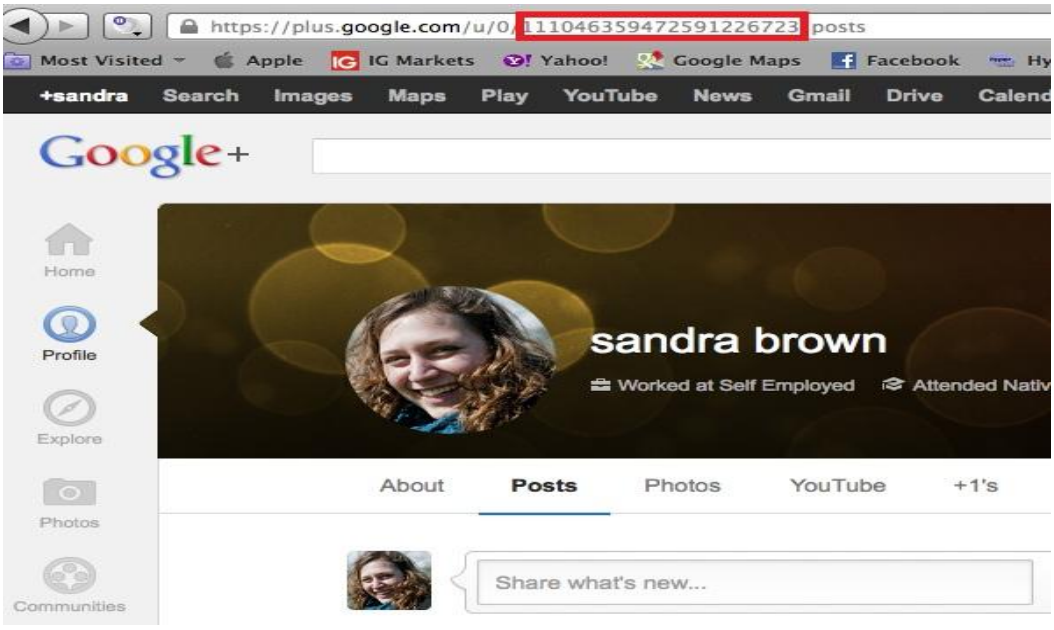
Step 8: In case you have put your spun article and your keyword and clicked update but you don't want to Syndicate the content right away then you can come back later or the next day and click the Manual Syndicator button in the plugin on the right, choose the post you want to syndicate choose the web 2.0 properties and click SYNDICATE POST

(Please watch the Ninja optimizer video in the tutorial section of the member's area for a better understanding)

5. How To Use Google Authorship.

The Google Authorship gives you an opportunity to have an image of yourself or your brand show up in the google search results

Step 1. Click the Google Authorship Option and get on the settings page, In the first part you need to put in your Google Plus ID for this you need to have a Google Plus Account, If you have one just look at the image below and see how you get the number if you don't have an account open one its free and easy to do.



Step 2. In the next box you see Author User, Since you are already a user you Author name will show here, Please make sure you google plus name and your author name here match, if they are different it won't work.

To change the Author name go to Users and User Profile select your profile and change the Author name to the one as you google plus account. Once you do that choose the Author under Author Use.

Step 3. We have the Author page Bio Display, This option is basically for how you would like your Author profile to show up under each post and page, do you want a short bio about yourself to show up or you want a long one.

You have options to add you contact method in this Author Box Like Google Plus, Twitter etc For the Bio and the Contact method to show in the Author box you can select the options on the Google Author settings page and Save changes, but for it to show up you need to go to Users and you your profile

On this page you will have the option to put in your long Bio, Your Short Bio and you cont info like the Google Plus Id, Twitter id etc once you have done that click Update Profile.

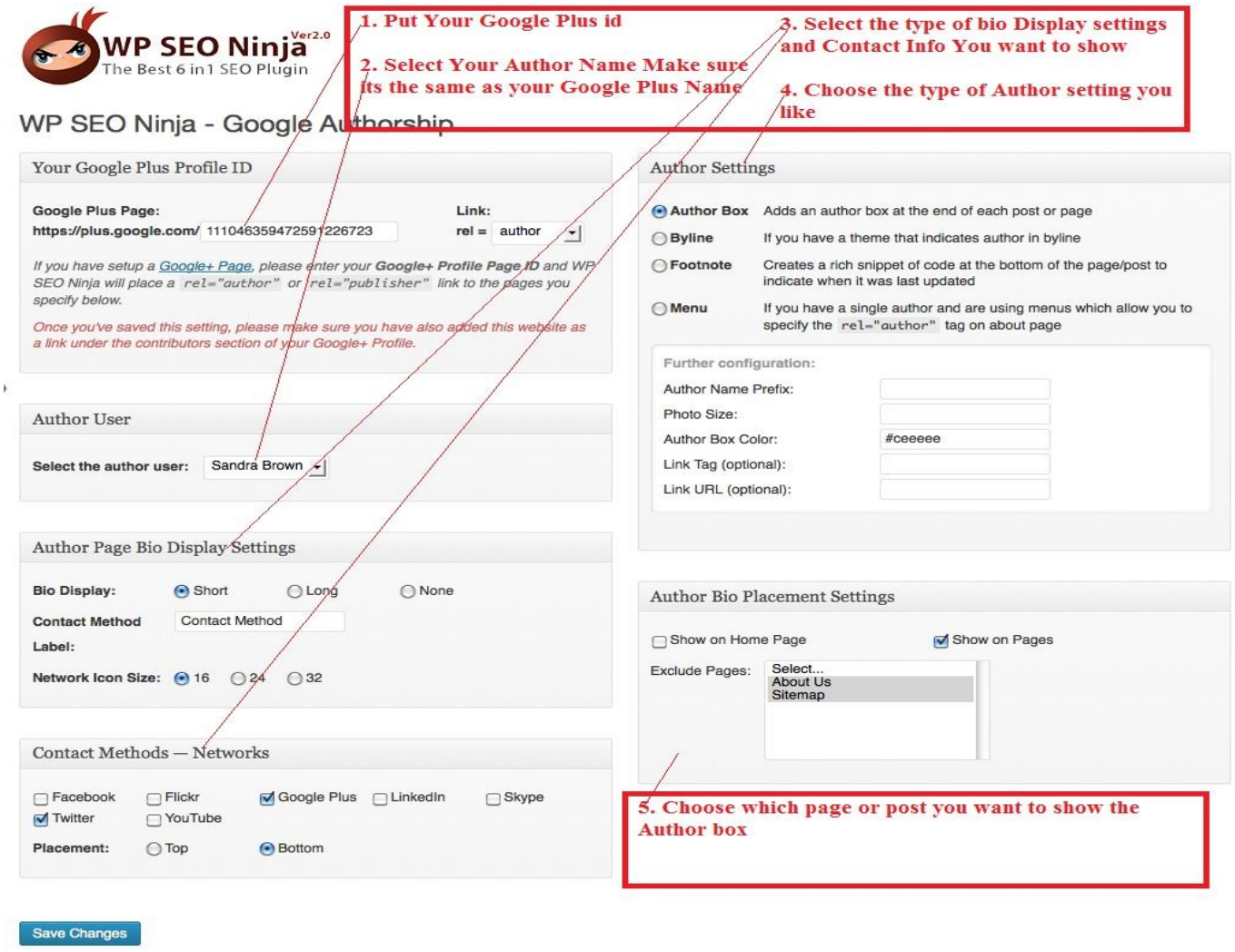
Step 4. In Author Settings if you choose Author Box, You author Box will show up under each page and post, you have more options to choose the color of the box, size of the image etc.

Sandra Brown
I am very passionate about food, I love eating as well as cooking different cuisines.
Crockpot recipes are one of my favorite foods.
Contact Method:

Step 5. You have an Option to Choose the Byline Option, you choose this option only if you wordpress theme comes with the feature where is says on each page and post after the Post Title that Article Written/Published By Author Name, If you don't have this option in the theme then don't check this button.

Step 6. If you like you can choose the Footnote option if you want it to show under each page and post that Article Published by Author Name.

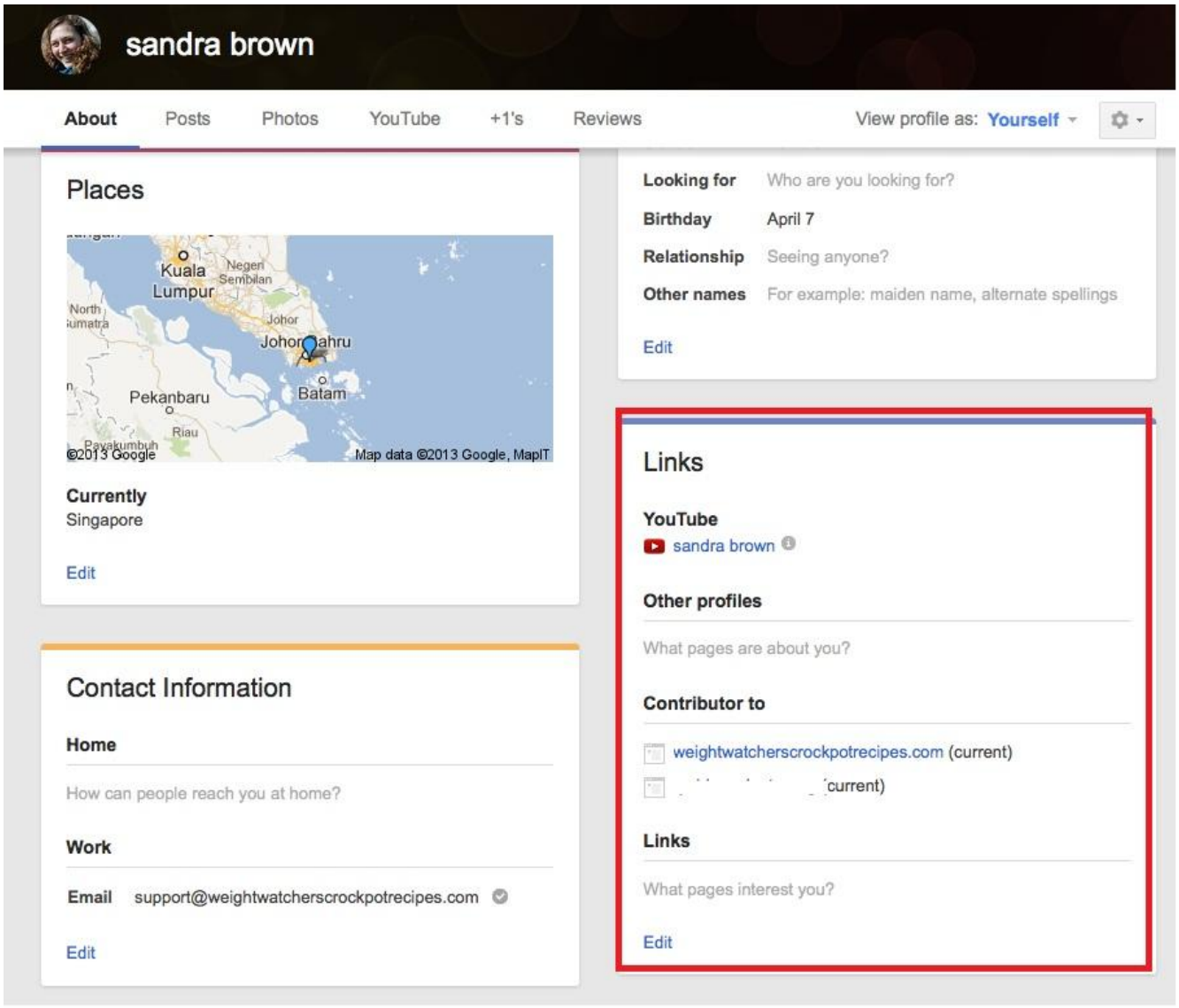
Please Note that it is important to have you name on each post and page in the form of an Author Box, Byline or footnote this is important for the Google Authorship.


WP SEO Ninja Ver2.0
The Best 6 in1 SEO Plugin
1. Put Your Google Plus id
2. Select Your Author Name Make sure its the same as your Google Plus Name
3. Select the type of bio Display settings and Contact Info You want to show
4. Choose the type of Author setting you like
WP SEO Ninja - Google Authorship
Your Google Plus Profile ID
Google Plus Page:
https://plus.google.com/ 111046359472591226723
Link:
rel = author
If you have setup a Google+ Page, please enter your Google+ Profile Page ID and WP SEO Ninja will place a rel="author" or rel="publisher" link to the pages you specify below.
Once you've saved this setting, please make sure you have also added this website as a link under the contributors section of your Google+ Profile.
Author User
Select the author user: Sandra Brown
Author Page Bio Display Settings
Bio Display: Short Long None
Contact Method Label: Contact Method
Network Icon Size: 16 24 32
Contact Methods — Networks
Facebook Flickr Google Plus LinkedIn Skype
Twitter YouTube
Placement: Top Bottom
Author Settings
Author Box Adds an author box at the end of each post or page
Byline If you have a theme that indicates author in byline
Footnote Creates a rich snippet of code at the bottom of the page/post to indicate when it was last updated
Menu If you have a single author and are using menus which allow you to specify the rel="author" tag on about page
Further configuration:
Author Name Prefix:
Photo Size:
Author Box Color: #ceeeee
Link Tag (optional):
Link URL (optional):
Author Bio Placement Settings
Show on Home Page
Show on Pages
Exclude Pages: Select... About Us Sitemap
5. Choose which page or post you want to show the Author box
Save Changes

Step 7. The last option Of Author Bio Placement is for what page or post you would like to show the Author box.

Step 8. Once you have done this Click Save Changes and You have to go back to your google Plus One account, Go to the Profile Section and click About then scroll right to the rend and you will see a box named Links.

Under this you will click EDIT then click Click Add Custom Link under that you will see CONTRIBUTOR TO now click Add Custom Link under that and add your website link and click save.



1. In your Google Plus Page go to Profile and About and you will see this page.

2. Go to the Links Section and Click EDIT right at the Bottom, and then Click Add Custom Link and add your website in the CONTRBUTOR TO Section

3. Thats it your done ...

That's its now you are a Google Approved author and you can check this by going to the Rich Snippet Tool enter your site url and you should see you image like this. http://

Once your site is reinexed by google your authorship will show up in the Search Engines.

(Please watch the Ninja optimizer video in the tutorial section of the member's area for a better understanding)

What is the Activity Log

The Activity Log tracks all the activity of the WP SEO Ninja and it has a few other settings as well.

Step 1. You will see 3 Option settings for the Activity log. The first 2 options are already check and it means if you would like to have a Powered by WP SEO Ninja at the end of your blog and your sitemaps you can uncheck the first 2 options.

Step 2. If you are an affiliate you can put in your affiliate id in the box choose the 3rd option and click save changes, a link will show up at the end of your blog with your affiliate link in it so if anyone comes trough your link and buys the Ninja 2.0 you will get paid commission.

WP SEO Ninja
Ver2.0
The Best 6 in1 SEO Plugin
WP SEO Ninja - Activity Log
Remove the WP SEO Ninja Link from the footer
Remove the WP SEO Ninja Link from the Sitemaps (Sitemaps will need to be rebuilt for changes to take effect)
Include 'Powered by WP SEO Ninja v1.1.6'
Affiliate Link:
http://test.com
Save Changes
Activity Log
Clean
RANK TRACKER [2013-04-25 12:15:49] - Auto Clean Schedule: 1 records deleted including 2
RANK TRACKER [2013-04-25 09:16:50] - Auto Clean Schedule: 1 records deleted including 2
SITEMAPS [2013-04-11 08:27:08] - Google, Ask and Bing notified at Apr 11, 2013 08:27am
SITEMAPS [2013-04-11 08:27:05] - Re-built Video sitemap at C:\xampp\htdocs\wpplugindev\

6. How to Use the WSN Site Maps

This part of the plugin creates HTML, XML and Video Sitemaps with a click of a button, it is a much needed function to ranking well in the Search engines.

How to use the HTML Site Maps.

Step 1. Firstly Click the WSN Sitemaps option and you will see a dropdown select the HTML Sitemaps. Now you will see the general settings page where you can choose the number of items you want to show on each page.

You can then select the Sitemap page slug and write the name of your sitemap in the box.

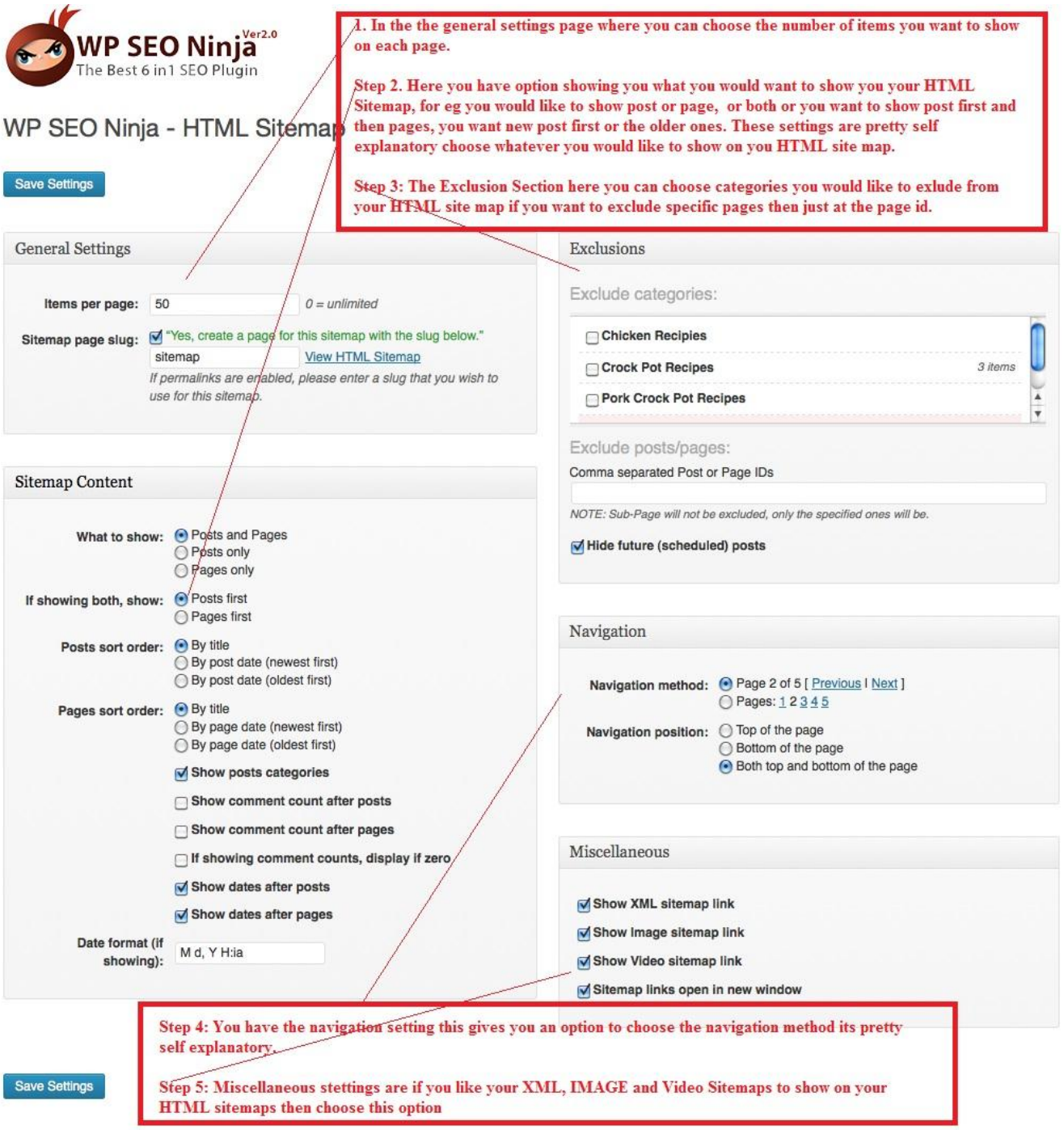
Step 2. Here you have option showing you what you would want to show you your HTML Sitemap, for e.g. you would like to show post or page, or both or you want to show post first and then pages, you want new post first or the older ones. These settings are pretty self explanatory choose whatever you would like to show on you HTML site map.

Step 3. The Exclusion Section here you can choose categories you would like to exclude from your HTML site map if you want to exclude specific pages then just at the page id.

Step 4. You have the navigation setting this gives you an option to choose the navigation method it's pretty self explanatory.

Step 5. Miscellaneous settings are if you like your XML, IMAGE and Video Sitemaps to show on your HTML sitemaps then choose this option

Lastly don't forget to click save settings


WP SEO Ninja Ver2.0
The Best 6 in1 SEO Plugin
WP SEO Ninja - HTML Sitemap
Save Settings
1. In the the general settings page where you can choose the number of items you want to show on each page.
Step 2. Here you have option showing you what you would want to show you your HTML Sitemap, for eg you would like to show post or page, or both or you want to show post first and then pages, you want new post first or the older ones. These settings are pretty self explanatory choose whatever you would like to show on you HTML site map.
Step 3: The Exclusion Section here you can choose categories you would like to exlude from your HTML site map if you want to exclude specific pages then just at the page id.
General Settings
Items per page: 50 0 = unlimited
Sitemap page slug: "Yes, create a page for this sitemap with the slug below."
sitemap View HTML Sitemap
If permalinks are enabled, please enter a slug that you wish to use for this sitemap.
Sitemap Content
What to show: Posts and Pages / Posts only / Pages only
If showing both, show: Posts first / Pages first
Posts sort order: By title / By post date (newest first) / By post date (oldest first)
Pages sort order: By title / By page date (newest first) / By page date (oldest first)
Show posts categories
Show comment count after posts
Show comment count after pages
If showing comment counts, display if zero
Show dates after posts
Show dates after pages
Date format (if showing): M d, Y H:ia
Exclusions
Exclude categories:
Chicken Recipies
Crock Pot Recipes 3 items
Pork Crock Pot Recipes
Exclude posts/pages:
Comma separated Post or Page IDs
NOTE: Sub-Page will not be excluded, only the specified ones will be.
Hide future (scheduled) posts
Navigation
Navigation method: Page 2 of 5 [Previous | Next] / Pages: 1 2 3 4 5
Navigation position: Top of the page / Bottom of the page / Both top and bottom of the page
Miscellaneous
Show XML sitemap link
Show Image sitemap link
Show Video sitemap link
Sitemap links open in new window
Step 4: You have the navigation setting this gives you an option to choose the navigation method its pretty self explanatory.
Step 5: Miscellaneous stettings are if you like your XML, IMAGE and Video Sitemaps to show on your HTML sitemaps then choose this option
Save Settings

How to use the XML Site Maps.

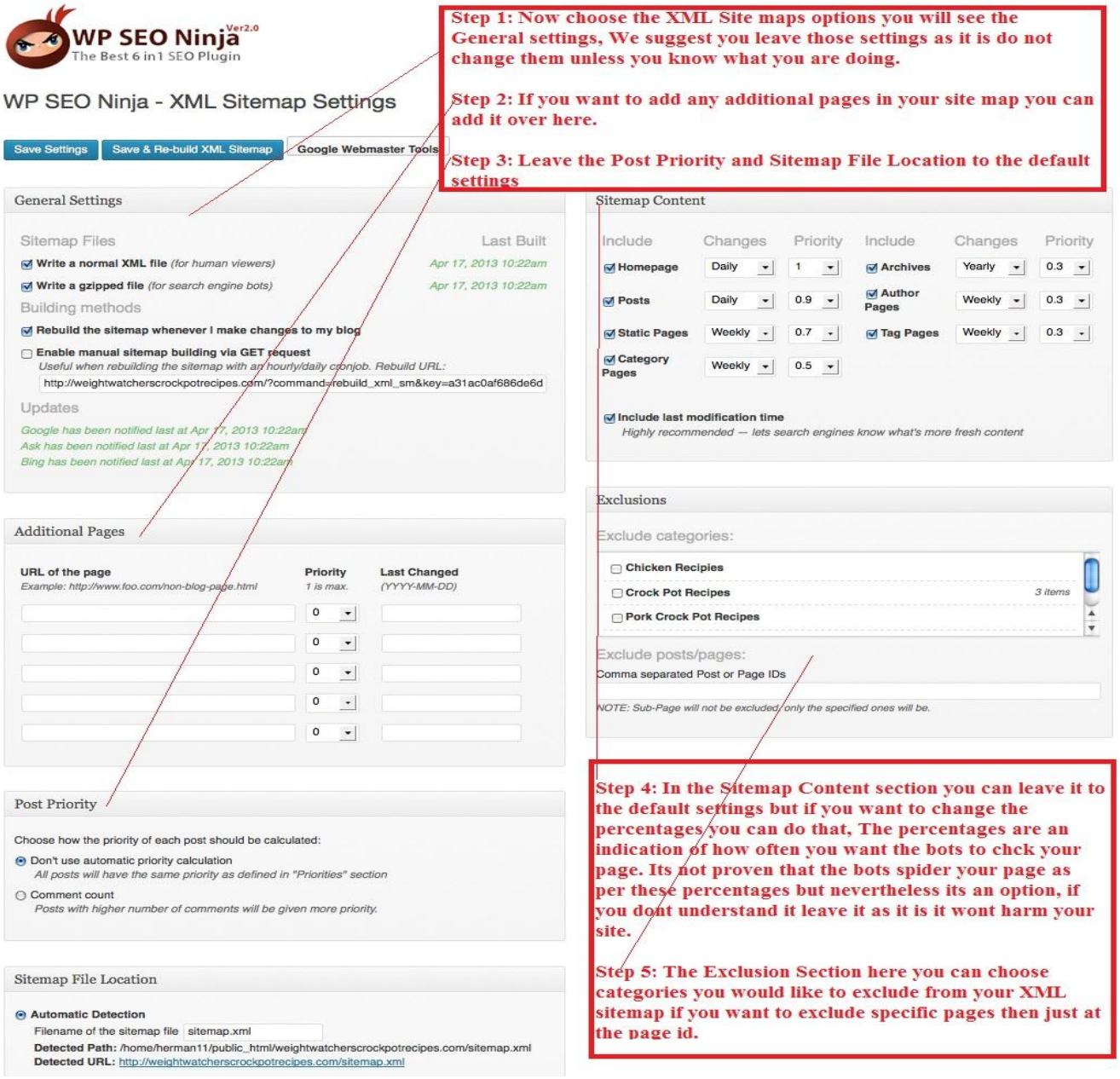
Step 1. Now choose the XML Site maps options you will see the General settings, We suggest you leave those settings as it is do not change them unless you know what you are doing.

Step 2. If you want to add any additional pages in your site map you can add it over here.

Step 3. Leave the Post Priority and Sitemap File Location to the default settings

Step 4. In the Sitemap Content section you can leave it to the default settings but if you want to change the percentages you can do that, the percentages are an indication of how often you want the bots to check your page. It's not proven that the bots spider your page as per these percentages but nevertheless it's an option, if you don't understand it leave it as it is it won't harm your site.

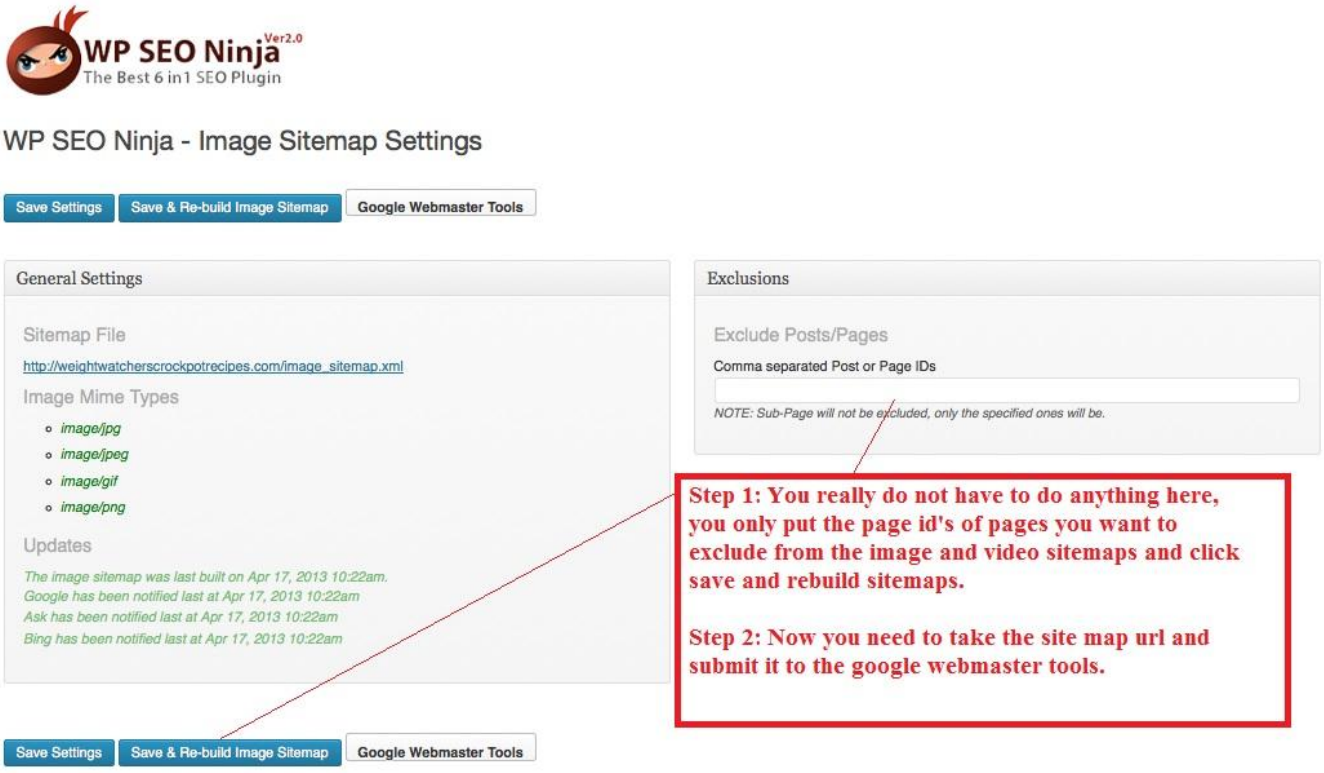
Step 5. The Exclusion Section here you can choose categories you would like to exclude from your XML sitemap if you want to exclude specific pages then just at the page id.


Step 1: Now choose the XML Site maps options you will see the General settings, We suggest you leave those settings as it is do not change them unless you know what you are doing.
Step 2: If you want to add any additional pages in your site map you can add it over here.
Step 3: Leave the Post Priority and Sitemap File Location to the default settings
WP SEO Ninja Ver2.0
The Best 6 in1 SEO Plugin
WP SEO Ninja - XML Sitemap Settings
Save Settings
Save & Re-build XML Sitemap
Google Webmaster Tools
General Settings
Sitemap Files
Last Built
Write a normal XML file (for human viewers)
Apr 17, 2013 10:22am
Write a gzipped file (for search engine bots)
Apr 17, 2013 10:22am
Building methods
Rebuild the sitemap whenever I make changes to my blog
Enable manual sitemap building via GET request
Useful when rebuilding the sitemap with an hourly/daily cronjob. Rebuild URL:
http://weightwatcherscrockpotrecipes.com/?command=rebuild_xml_sm&key=a31ac0af686de6d
Updates
Google has been notified last at Apr 17, 2013 10:22am
Ask has been notified last at Apr 17, 2013 10:22am
Bing has been notified last at Apr 17, 2013 10:22am
Sitemap Content
Include
Changes
Priority
Homepage
Daily
1
Posts
Daily
0.9
Static Pages
Weekly
0.7
Category Pages
Weekly
0.5
Archives
Yearly
0.3
Author Pages
Weekly
0.3
Tag Pages
Weekly
0.3
Include last modification time
Highly recommended — lets search engines know what's more fresh content
Additional Pages
URL of the page
Example: http://www.foo.com/non-blog-page.html
Priority
1 is max.
Last Changed
(YYYY-MM-DD)
Exclusions
Exclude categories:
Chicken Recipies
Crock Pot Recipes
3 items
Pork Crock Pot Recipes
Exclude posts/pages:
Comma separated Post or Page IDs
NOTE: Sub-Page will not be excluded, only the specified ones will be.
Post Priority
Choose how the priority of each post should be calculated:
Don't use automatic priority calculation
All posts will have the same priority as defined in "Priorities" section
Comment count
Posts with higher number of comments will be given more priority.
Sitemap File Location
Automatic Detection
Filename of the sitemap file sitemap.xml
Detected Path: /home/herman11/public_html/weightwatcherscrockpotrecipes.com/sitemap.xml
Detected URL: http://weightwatcherscrockpotrecipes.com/sitemap.xml
Step 4: In the Sitemap Content section you can leave it to the default settings but if you want to change the percentages you can do that, The percentages are an indication of how often you want the bots to chck your page. Its not proven that the bots spider your page as per these percentages but nevertheless its an option, if you dont understand it leave it as it is it wont harm your site.
Step 5: The Exclusion Section here you can choose categories you would like to exclude from your XML sitemap if you want to exclude specific pages then just at the page id.

How to use the Image and Video Site Maps.

Step 1. You really do not have to do anything here, you only put the page id's of pages you want to exclude from the image and video sitemaps and click save and rebuild sitemaps.

Step 2. Now you need to take the site map url and submit it to the google webmaster tools.


WP SEO Ninja Ver2.0
The Best 6 in1 SEO Plugin
WP SEO Ninja - Image Sitemap Settings
Save Settings
Save & Re-build Image Sitemap
Google Webmaster Tools
General Settings
Sitemap File
http://weightwatcherscrockpotrecipes.com/image_sitemap.xml
Image Mime Types
image/jpg
image/jpeg
image/gif
image/png
Updates
The image sitemap was last built on Apr 17, 2013 10:22am.
Google has been notified last at Apr 17, 2013 10:22am
Ask has been notified last at Apr 17, 2013 10:22am
Bing has been notified last at Apr 17, 2013 10:22am
Exclusions
Exclude Posts/Pages
Comma separated Post or Page IDs
NOTE: Sub-Page will not be excluded, only the specified ones will be.
Step 1: You really do not have to do anything here, you only put the page id's of pages you want to exclude from the image and video sitemaps and click save and rebuild sitemaps.
Step 2: Now you need to take the site map url and submit it to the google webmaster tools.
Save Settings
Save & Re-build Image Sitemap
Google Webmaster Tools

Please watch the videos in the Tutorial section for a better understanding of how to use the WP SEO Ninja 2.0. You can all check the FAQ section if you have any questions.

In case you face any technical problem send us an email to are support desk at support@wpseoninja.com and give us 24 to 48 hrs to respond, usually it will be faster but considering we are located in Singapore and the time difference you don't want you to panic if you don't get a response immediately

We hope you enjoy using the plugin and get many high rankings as possible.

Thanks

Herman Dias
Creator of WP SEO Ninja